



### **Paradise Fitness COVID19 Re-Opening Operational Guidelines:**

1. Fitness Attendant Front Entrance Door Check in Process:
  - a. Hand Sanitizing Station.
  - b. Digital Thermometer Gun to take all members & guests temperatures prior to entering facility.
2. No Mask No Entry: We will provide all members & guests with a complimentary disposal medical grade mask upon check in. Masks are required to enter our facilities and should be worn whenever possible but may be taken off when exercising as needed for comfortable breathing.
3. Limited occupancy of Members & Guests inside the facility at once, set by facility size and social distancing regulations: We are giving members 1 hour time limit for each workout.
  - a. Dededo: 28,000 sqft. → 80 members at a time.
  - b. Agana: 26,000 sqft. → 60 members at a time.
  - c. Tumon 7,000 sqft. → 40 members at a time.
4. Disinfectant / Sanitizing Stations at all key strategic areas of the club. Front Entrance, Locker Rooms, Free Weights, Cardio, and Circuit Line:
  - a. Hand Sanitizers
  - b. Medical Grade Sanitizing Wipes to wipe down equipment before and after each use.
  - c. Social Distancing and Cleanliness COVID19 Etiquette signage on all stations.
5. Plexiglass Protection panels/windows at all Front Desk Counters to protect all Team members and members during POS transactions. Mandatory all staff wear masks at all times.
6. Walk-Through wipe downs. Constant Fitness Attendant and Manager floor walk-throughs to assure members are practicing social distancing and sanitizing equipment before and after each use.
7. Social Distancing and Cleanliness COVID19 Etiquette “Mic - Announcements” to be played every 15 to 30 minutes throughout club surround sound system speakers/ intercom to remind members and guests before, during and after their workouts.
8. Social Distancing and Cleanliness COVID19 Etiquette Videos emailed to all members and posted on all social media outlets to help remind and educate members and guests on proper protocol on what to expect.
9. Group Fitness Classes to limit number of attendees in each class depending on studio size and social distancing regulations:
  - a. Tumon → 12 members maximum
  - b. Dededo → 21 members maximum
  - c. Agana Studio 1 → 15 members maximum / Agana Studio 2 → 17 members maximum
  - d. 6ft marks/ stickers on studio floors to practice social distancing during class.
  - e. Sign Up Sheets to reserve slots for all classes. First come first serve basis at front counter.
  - f. Disinfecting Stations for each member attendee. Members will not share equipment inside the studio.
  - g. Cleaning, Disinfecting, and sanitizing before and after each class.



P.O BOX AP  
HAGATNA, GU  
96932



Hagatna: 671-475-2100/01  
Dededo: 671-635-2100/01  
Tumon: 671-989-2101



GETFIT@GUAMPARADISEFITNESS.COM  
WWW.GUAMPARADISEFITNESS.COM

10. Men's & Women's Locker Rooms, Shower Stalls, and Bathrooms: We will only open every other shower stall, locker, bathroom stall, and sinks to practice a safe distance between all members. Limited occupancy inside locker rooms at one time to align with social distancing regulations.
  - a. Tumon →5 members at a time
  - b. Agana →10 members at a time
  - c. Dededo→10 members at a time
11. Kids club services will remain closed until further guidance from recovery committee and public health.
12. COVID19 Disinfection Protocols: All locations have invested in ULV Disinfection FOGGING. The new Global Standard for Sanitizing and Disinfecting.
  - a. ULV Fogging works by compressing disinfectants through a specially designed nozzle, producing a fine cold mist or aerosol. Fog Mist Solutions used is an EPA Registered disinfectant following EPA guidelines.
  - b. All locations will conduct a midday sanitation break to fog and spray all touch surfaces within the facility.
13. Temporary/ Tentative Limited Hours of Operation: Midday Break for deep cleaning, disinfecting and sanitizing after each block.
  - a. Hagatna:
    - i. Monday – Friday: 6:00AM – 1:30PM
    - ii. Closed for midday sanitation
    - iii. 4:00PM – 8PM
    - iv. Saturday: 7:00AM – 2PM
    - v. Sanitation Sundays: CLOSED
  - b. Dededo:
    - i. Monday – Friday: 6:00AM – 1:30PM
    - ii. Closed for midday sanitation
    - iii. 4:00PM – 10:00PM
    - iv. Saturday: 7:00AM – 5PM
    - v. Sanitation Sundays: CLOSED
  - c. Tumon:
    - i. Monday – Friday: 6:00AM – 10:30AM
    - ii. Closed for midday sanitation
    - iii. 4:00PM – 8PM
    - iv. Saturday: 7:00AM – 12PM
    - v. Sanitation Sundays: CLOSED